

Discover Peace of Mind



Dear Clients of SHC,

In continuing to celebrate our Ten Core Values, this month we highlight Self Worth. To me, self-worth means remaining relevant and of value to those around me. Whether it is at home with my family, at work serving clients or volunteering for those less fortunate, when I am needed my life feels full.

Assisting rather than taking over, providing respectful personal care and honoring great personal achievements are all ways we provide self-worth to our clients. Self-worth is important to develop in our employees as well. Proper training, accurate client matches based on interests and opportunities to advance create a culture at Seniors Home Care which fosters self-worth.

As you go through the coming days and weeks, think about what provides you with self-worth. Is there a senior you know who has lost their self-worth due to lack of involvement or depression? Let them know we are here to help them thrive.

Ryan Whittington

Director of Operations

PLEASE BE SURE TO TELL YOUR DOCTOR HOW MUCH YOU ENJOY SENIORS HOME CARE, AND WOULD RECOMMEND OUR SERVICES.

THE SECOND OF SENIORS HOME CARE'S 10 CORE VALUES

SELF WORTH

Human dignity and self-respect for each caregiver.

I strive to be respectful of others' experiences and differences and realize that everyone, including me, is important and unique.

Self Worth is how much you value yourself. At SHC we feel it is one of the most important values. You cannot value the things most important in life, without first valuing yourself. A valid sense of self-worth is necessary in order to attain love, peace, joy, power, and a sound mind. An individual must care for themselves before they can properly care for others.

6 Simple Tips for Staying Vibrant

The benefits of staying healthy are universal but become increasingly important with age. Following these basic guidelines can help continue a happy and fulfilling life for as long as possible:

1. **Know your medications.** Know what they are, why you are taking them & the proper way to take them.
2. **Get enough rest.** Seven to nine hours a night is recommended. Getting enough rest helps retain energy levels and mental clarity.
3. **Exercise regularly.** Approximately 20 minutes a day is optimal. Even a five minute walk can maintain endurance and strength which helps prevent falls.
4. **Stay hydrated.** Drink eight 8-ounce glasses of water a day. Drinking plenty of fluid helps prevent urinary tract infections, kidney problems, constipation and confusion.
5. **Get an annual flu shot and pneumonia vaccine,** if medically appropriate. Help yourself avoid getting sick. The immune system weakens with age so it's extra important for seniors to get a flu shot.
6. **Eat a healthy diet.** Eat plenty of fruits, vegetables and lean meats. This can increase energy and boost your immune system.

Reaping the rewards of a healthy lifestyle doesn't require a strenuous regimen. Treat your body well and it'll return the favor, keeping you at the top of your game through your later years.

If Seniors Home Care may be of any help, please let us know. Sometimes a little help from a caregiver – a nice meal or company taking a walk – is just what it takes to get on track to healthy, vibrant living.

Always check with you doctor about the guidelines to your body.

Source: SHC Blog

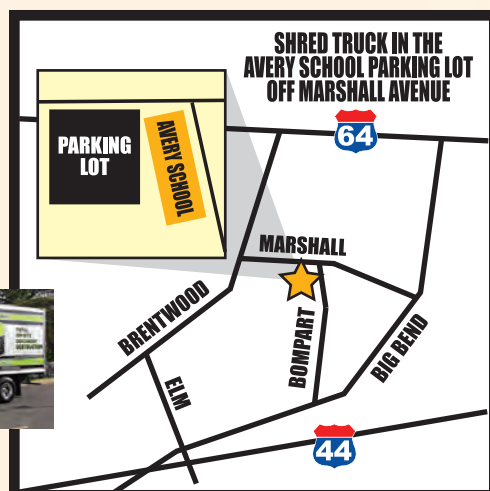
SHC COMMUNITY SHRED DAY

SATURDAY, JUNE 21ST
9AM-12 NOON

Have items that need to be shredded? Bring them by the Seniors Home Care shred truck for shredding...

FREE! Limit 3 boxes.

Avery Elementary School
909 N Bompert Ave, Webster Groves, MO 63119



JUNE

Sue E.	Jane E.	Tom F.
Betty S.	Irene H.	John M.
Fred. L.	Ted P.	Billy S.
Dolores K.	Robert M.	Irma P.
Donnell M.		

JULY

Joan B.
Jean S.
Mary Lou S.
Wanda F.
Tony T.

Notes from our office...

FROM ACCOUNTING.....

Please don't keep us a secret. Many of our referrals come from our clients! Find out how you can receive a \$100 credit for a referral!

FROM NURSING

Spring is here and so is allergy season. Make sure to check with your doctor or pharmacist before taking over the counter allergy medications because they can react with your prescriptions.

FROM CARE SERVICES.....

Seniors Home Care staff are trained to help in most situations. Alzheimer's, Dementia, Parkinson's, Depression and ALS are only a few of the many specific areas we focus on. If you know someone with a unique situation, encourage them to call and talk with an SHC registered nurse. We are here to help!

FROM SCHEDULING.....

This summer remember your caregiver is there to care for you. Please make separate arrangements for your yard work.



5-Way Adjustable Back Rest

Like a lawn chair for your bed, this back rest adjusts to five angles, from a low-lying 3½" to an upright sitting position, making it perfect for managing acid reflux. Cushioned headrest adds comfort.
www.goldviolin.com
1-877-648-8400



SHC CLIENT TESTIMONIAL

I just wanted to take the time to express my gratitude for the kind treatment received by my mom and dad from everyone at Seniors Home Care. From the administration to the office staff to the caregivers that took care of my folks each day and night. The extra efforts made their lives much easier and gave me peace of mind that they were able to stay in their home and be cared for. Even though my mom and dad live in St. Louis and I live in Colorado...everything was taken care of and handled miles away. It doesn't get any easier or better!
Skip J.

Swimming Exercise Benefits for the Elderly

Swimming is one of the best forms of exercise and has additional benefits in relieving and often preventing some of the age-related changes in the body. Although it requires access to a pool, a 20 minute swimming session at least 3 times a week can make a significant difference in overall health and wellbeing. Swimming has both cardiovascular and weight training benefits, both of which are important for different purposes. It burns twice as much calories as walking, reduces the impact on joints and works out more muscle groups at once than almost any other form of physical activity. These are important factors to consider for the elderly who face a host of changes in their body which can reduce mobility, affect physical strength and lead to chronic pain. Before starting any new exercise program always check with your doctor and clear any exercise changes with them.

<http://www.seniorhealth365.com>



AGING AND YOUR EYES

Are you holding the newspaper farther away from your eyes than you used to? Join the crowd—age can bring changes that affect your eyesight. Some changes are more serious than others, but for many problems, there are things you can do to protect your vision. The key is to have regular eye exams so you can spot problems early.

Steps To Protect Your Eyesight

Have your eyes checked regularly by an eye care professional—either an ophthalmologist or optometrist. People over age 65 should have yearly eye exams. During this exam, the eye care professional should put drops in your eyes that will widen (dilate) your pupils so that he or she can look at the back of each eye. This is the only way to find some common eye diseases that have no early signs or symptoms. If you wear glasses, your prescription should be checked too. See your doctor regularly to check for diseases like diabetes and high blood pressure. These diseases can cause eye problems if not treated.



SEE AN EYE CARE PROFESSIONAL RIGHT AWAY IF YOU:

- Suddenly cannot see or everything looks blurry
- See flashes of light
- Have eye pain
- Experience double vision
- Have redness or swelling of your eye or eyelid

Protect your eyes from too much sunlight by wearing sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside.

nia.nih.gov/health/publication/aging-and-your-eyes

FAIR ST. LOUIS 2014

The 34th annual Fair Saint Louis will be held this year in Forest Park. "America's Biggest Birthday Party" will be centered on Art Hill and include activities July 3, 4 and 5.

